



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
March and April, 2020



20 Self-Care Practices for the Mind, Body, and Soul

By: Larissa Marks, Contributor for [huffpost.com](https://www.huffpost.com)

For anyone seeking to live a healthy, sustainable life, one vital habit is self-care.

When we are living lives filled with activity, noise, and hurry, it is incredibly difficult to feel healthy and rested. When that is our overall experience with life, the result is that we become stressed and burned out.

In order to nurture the health of our mind, body, and soul, we need ways to recenter and restore. We need these in short spurts throughout the day, and also longer stretches.

The thing about self-care is that it is a practice that requires you choosing to do it. It will not happen unless you intentionally make space for it. But the result is worth the effort. With a bit of self-care, you can experience more joy, rest, and soul-health.

Here are some ideas for self-care:

- ✧ **Simply Your Schedule** - Are you over-committed? Are there things that you need to let go? Ask yourself which activities and relationships are truly adding value to your life, and intentionally making space for those things.
- ✧ **Do something that energizes your body** - Stretch, swim, run, do yoga, or whatever physical activity you enjoy. Exercise is a key part of self-care.
- ✧ **Take a long, warm bath** - While you're at it, light a candle, read a magazine, listen to soothing music.
- ✧ **Create a Gratitude List** - Write down all the things that you're thankful for.
- ✧ **Meet with a counselor** - This could be a psychologist, therapist, or spiritual mentor.
- ✧ **Unplug for a day** - Go on a media and technology fast, and turn off any unnecessary electronic devices.
- ✧ **Stretch** - Find the kinks and tension spots in your body, and stretch them out.
- ✧ **Do something new** - Have you been considering learning a new skill or trying a new hobby? Go for it.
- ✧ **Practice mini-meditation** - Begin or end your day with a minute of deep breathing, and focused awareness of your body, thoughts, and feelings.
- ✧ **Dance it out** - Put on your favorite dance music, and shake your body.
- ✧ **Write or journal your thoughts** - Take 10 minutes, and jot down whatever is on your mind. Mentally release those things as you write.
- ✧ **Get quality time with a quality person** - Hang out with someone who you love. If they're far away, give them a phone call.
- ✧ **Be still** - Find a quiet place outside, and embrace the stillness.
- ✧ **Practice a full day of Sabbath rest** - Take a full day to rest and rejuvenate.
- ✧ **De-clutter** - Choose a place - your email inbox, your desk, a closet, and get rid of the excess and junk.
- ✧ **Do an activity mindfully and slowly** - Savor the moment, and experience your activity with attentiveness.
- ✧ **Take a walk** - Explore your area at a leisurely pace.
- ✧ **Reflect on your personal mission statement** - If you don't have a personal mission statement, create one.
- ✧ **Enjoy a piece of chocolate or a glass of wine** - Better yet, enjoy both together.
- ✧ **Sleep** - Take a nap, go to bed earlier, give your body some extra rest.



Welcome, Rhonda Klinger!



My name is Rhonda Klinger, and I have been a social worker at Waukesha County DHHS for 22 years. I've worked in protective services with both children and adults, and I'm excited to now be working in foster home licensing. I'm looking forward to meeting new foster parents, attending recruiting events, and assisting with trainings.

A little about me: I enjoy traveling, reading, mountain biking, motorcycling, nature hikes, and relaxing in front of the television. I have three dogs who keep me busy with their constant demands stemming from their knowledge that they run the house!

I love trying new things, I'm always up for an adventure, and I try to enjoy my life to the fullest, even if that means a weekend on the sofa watching Netflix.

March is Nutrition Month!



March is recognized nationally as Nutrition Month. We all know that a healthy diet is a key component to living a healthy life. To brush up on your nutrition knowledge and maybe learn a healthy eating tip, check out this Fact vs Fiction quiz from the Academy of Nutrition and Dietetics. For further information and recommendations, visit myplate.gov

- The amount of calories needed is the same for everyone.
Fiction: The amount of calories needed daily will depend on a person's age, gender, height, weight, and activity level.
- Eating carbohydrates causes weight gain.
Fiction: Too many calories from any type of food (or beverage) can result in weight gain.
- Doing some physical activity is better than doing none at all.
Fact: Research has shown that even a little physical activity is better than being sedentary.
- Sugars found naturally in fruit and milk are the same as sugars added to foods, like candies and cookies.
Fiction: Foods and beverages that contain naturally occurring sugars, such as fruit, milk, and yogurt, contribute important nutrients. In comparison, foods and drinks with added sugars, such as desserts and soft drinks often contain no nutrients, just calories.
- Portion sizes have increased over the years.
Fact: The size of portions for both foods and drinks have increased. In fact, many people consume in one sitting what is considered to be several servings. The new Nutrition Facts Label will reflect some of these larger portions and help you determine the total amount of calories (and other nutrients) that are consumed per serving (or per container).
- Only fresh produce is considered to be a good source for fruits and vegetables.
Fiction: All types of fruits and vegetables, including fresh, frozen, canned, 100% juice, and dried, will help you meet your daily goals. With forms other than fresh, it's important to look for fruits in water or their own juice (with no added sugars) and vegetables with no added salt or ones labeled reduced or low sodium.
- Oils, which are a source of fat, provide important nutrients.
Fact: Fats can be either solid or liquid at room temperature. Liquid types of fats, like vegetable oils, are sources of necessary nutrients. Whereas solid fats are high in saturated fat and/or trans fats, both of which should be limited. All types of fat are high in calories, so portion sizes of these foods can make a big difference. The daily allowance for most people is just a few teaspoons.
- Vegetarian diets are not appropriate for certain age groups.
Fiction: Well-planned vegetarian and vegan eating plans that include a variety of fruits, vegetables, whole grains, nuts, seeds, and legumes, can be nutritionally adequate during all stages of the life cycle.
- Everyone should take a multivitamin mineral supplement.
Fiction: For most people, nutrient needs should be obtained through food sources. When a person's diet is lacking in certain foods and nutrients, a vitamin and/or mineral supplement may be required. There are also higher requirements in some cases, such as during pregnancy or with a diagnosed deficiency. Always check with a health care provider before taking a dietary supplement.
- All sources of nutrition information are credible.
Fiction: Unfortunately, there is a lot of misinformation available when it comes to nutrition, especially on the internet. Look for sources of credible information from health care organizations and government agencies, and consult the nutrition experts - registered dietitians.

Matt and Ashley Harker



Matt and Ashley Harker have been married for 7 years and live in Waukesha with their 1 year old son, 2 dogs, and a cat. A couple of years ago, they decided to get licensed to be foster parents. They had been struggling to start a family, and were really wanting to have one. Matt and Ashley met a few people through friends that were also foster parents, and they were able to learn a little more about the process and their

experiences. While going through the licensing process, they found out they were pregnant with their son! Once licensed, the Harkers were able to provide a week of respite for a sweet 3 year old boy before their son was born. When their son was 9 months old, the Harkers accepted placement of a 15 year old girl, and she has been with them since. Matt and Ashley are so happy with the experience they have had fostering so far, and look forward to what the future will bring.

The Waukesha County Foster Care Program and staff would like to recognize the Harker family for their support and commitment! You are truly amazing!

Kinship Navigator Portal

This can be used by any relative caregiver throughout the state to identify services and resources available to them based on their specific caregiving situation. Caregivers will be asked to answer a set of questions specific to their situation, and based on those answers, they will be provided with an array of information about their eligibility for various programs.

FOR MORE INFORMATION: <http://dcf.wi.gov/kinship/navigator>

20 in 2020

On January 23, 2020, Waukesha County staff, foster parents, and community supporters gathered to celebrate the Waukesha County foster care program and the wonderful families who have opened their hearts and homes to foster children.



We licensed 19 new foster homes in 2019. Our goal this year is to license 20 new homes in 2020. We would like to thank everyone who came to our celebration, and everyone who supports our mission.



Community Question, Persuade, Refer (QPR)

Suicide Prevention Gatekeeper Education

Join us to talk and become educated about mental health and suicide. Learn how you can recognize a mental health emergency and how to get a person, at risk of suicide, the help they need. Learn three simple steps to know how to help prevent suicide using QPR. Local and national resources to help will be available. There will be a talk back panel with NAMI Waukesha staff and family members who have lost a loved one to suicide.

WHEN: Monday, March 16, 2020

TIME: 6:00 PM - 8:00 PM

WHERE: St. Mary Parish, Community Room, 225 Hartwell Ave., Waukesha, WI

Free to attend, and anyone is welcome!

A light dinner will be provided by St. Mary Parish.

RSVP is not required but preferred. Sign up here: <https://qprinwaukesha.eventbrite.com>.

Thank You, Oconomowoc High School!



A big thank you to the Tri-M group at Oconomowoc High School who organized a drive for the Waukesha County Foster Care Program. Oconomowoc High School choir, musical

theater, Tri-M, and band students and faculty collected winter jackets, clothes, hygiene items, and gift cards! Thank you for making a difference in the life of a foster child!



Teen Gaming Night

Level up at the Y! Join other teens in a fun and relaxed environment while enjoying a variety of video games. Each month, we will be introducing different games and competitions that will build friendships and gaming techniques. Free and open to ages 12-17. Registration required.

Where: Tri County YMCA, N84W17501 Menomonee Ave., Menomonee Falls, WI

When: Wednesday, March 4, 2020; 6:00 PM - 8:00 PM

For More Information and to Register: <https://www.gwcymca.org/YMCA-Events/Tri-County/Teen-Gaming-Night.htm?Occurrence=2020-03-04T18:00:00>

Spring Fest

Spring Fest is a free, family-friendly event designed to bring people, businesses, and organizations together. Spring Fest is proud to offer free family fun activities and entertainment to the community.

Where: Hamilton High School, W220N6151 Town Line Rd., Sussex, WI

When: Saturday, March 14, 2020; 9:00 AM - 2:00 PM

For More Information: <http://www.springfestsussex.org/>

Lake Country Community Fest

The 16th Annual Lake Country Community Fest will feature 140 exhibitor booths, a food court, live demonstrations, children's activities, entertainment, healthcare clinics, and more! **Waukesha County Foster Care will have a booth at this event!** Free admission.

Where: Kettle Moraine High School, 349 North Oak Crest Dr., Wales, WI

When: Saturday, March 14, 2020; 10:00 AM - 3:00 PM

For More Information: <https://www.lakecountrycommunityfest.com/>

Retzer Nature Center Earth Week

Celebrate the 50th anniversary of Earth Day with a full week of activities and programs for the community! Most events are free.

Where: Retzer Nature Center, S14W28167 Madison St., Waukesha, WI

When: April 19 - April 25, 2020; times varied by activity

For More Information, Including Registration Links: <https://www.waukesha.gov/landandparks/park-system/find-a-park/retzer-nature-center/retzer-events/earth-week/>

Free Museum Admissions

Betty Brinn Children's Museum:

Enjoy access to all of the Museum's hands-on exhibits, and stop by our BE A MAKER space to find tools, materials, and techniques for endless ways to experiment and create. Free admission!

Where: 929 East Wisconsin Ave., Milwaukee, WI

(Located at Museum Center Park on the second level of the Miller Pavilion)

When: Third Thursday of Every Month; 5:00 PM - 8:00 PM

For More Information: <https://www.bbcmkids.org/>

Milwaukee Public Museum:

All visitors receive free access to the permanent displays of the museum during Kohl's Thank You Thursday. Children must be accompanied by an adult to receive free admission.

Where: 800 West Wells St., Milwaukee, WI

When: First Thursday of Every Month; 9:00 AM - 8:00 PM

For More Information: <http://www.mpm.edu/>

Local Easter Egg Hunts

Lisbon:

Family members will venture down the path leading to the Easter Bunny, while receiving items to add to their basket. After a photo with Mr. Bunny, children will hunt for candy filled eggs. Donations to the food pantry will be accepted.

Where: Lisbon Community Park, N78W26970 Bartlett Parkway, Lisbon, WI

When: Saturday, April 4, 2020; 12:30 PM - 2:00 PM

For More Information: <https://www.townoflisbonwi.com/events/easter-eggstravaganza-easter-egg-hunt/>

Muskego:

Stop by for a classic Easter Egg Hunt. Stay after the hunt to decorate eggs and cookies, and have your picture taken with the Easter Bunny! RSVP by March 23 to 414-425-7155

Where: Heritage Muskego, S64W13780 Janesville Rd., Muskego, WI

When: Friday, April 10, 2020; 10:00 AM - 12:00 PM (Easter bag decorating at 10:00 AM, Easter egg hunt at 10:30 AM)

For More Information: <https://www.facebook.com/events/569244287005027/>

Brookfield:

All children 8 years old and under are invited to participate in the Easter Egg Hunt. Children will be grouped by ages. We will again have an Easter Egg "Crawl" for the tiny egg-hunters. Bring your own basket and your camera for pictures after the hunt with the Easter Bunny! Free admission.

Where: Marx Park, 700 South Barker Rd., Brookfield, WI

When: Saturday, April 11, 2020; 10:00 AM Sharp (Rain or Shine)

For More Information: <http://www.townofbrookfield.com/index.htm>

Craft Time! Rainbow Binoculars

By: sassydealz.com

Make some fun rainbow binoculars out of toilet paper rolls! This is the perfect St. Patrick's Day craft for kids so they can go look for leprechauns!

What You'll Need:

- ✧ Strips of colored paper
- ✧ Two toilet paper rolls
- ✧ Tape
- ✧ Gold ribbon or string
- ✧ Green paper



What You'll Do:

1. Wrap tape around the two toilet paper rolls so they are even.
2. After cutting out strips of paper, wrap them around the rolls and tape them together. Continue doing each color of the rainbow in order (Remember: ROY G BIV: Red, Orange, Yellow, Green, Blue, Indigo, Violet).
3. Cut a shamrock shape out of the green paper and glue it to the top of the binoculars.
4. Grab some gold ribbon or string and tape it to the inside of the toilet paper rolls so the kids can carry their leprechaun-finding binoculars around just like a normal pair of binoculars.
5. Go out searching for leprechauns! Be careful though! They are pretty sneaky!



Additional Training and Events



Foster Care Information Sessions

Foster Care Information Sessions are open to anyone interested in learning about foster care in our community. **All prospective foster parents are required to attend orientation prior to the approval of your foster care license.** You will have the opportunity to learn more about our foster care program and the children we serve.

WHEN: March 10, March 26, April 14, April 23, 2020
TIME: 5:30 PM - 7:00 PM
WHERE: Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI

RSVP is requested, but not required to fostercare@waukeshacounty.gov or 262-548-7373.

Foster Parent Networking Night

Come join fellow foster parents for an evening of building connections while enjoying a meal.

WHEN: Wednesday, April 8, 2020
TIME: 5:30 PM - 7:30 PM
WHERE: Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI

Dinner and child care will be provided when you register in advance by April 6 at <https://fosterparentnetworknight.eventbrite.com>.

On-going Trainings

WHEN: See below
TIME: 6:00 PM - 8:00 PM
WHERE: Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI

All of the on-going trainings are open to foster parents, as well as relative caregivers. A light dinner and daycare will be provided.

You must register the number of adults attending, as well as the number of children for child care, for each individual session at: <http://waukeshafostercaretraining.eventbrite.com>

Trauma in Children

March 19, 2020

Presented by: Dr. Gary Kendzierski, Ph.D., Clinical Psychologist

Dr. Kendzierski will talk about trauma in children and adolescents. Learn strategies and techniques to assist the children in your care.

Drug and Alcohol Education

April 9, 2020

Presented by: Your Choice to Live, Inc.

Wake Up Call presentation will show you where youth hide or cover up drugs or alcohol. Learn how to be one step ahead. You can take the quiz ahead of time at <https://wakeupcallroom.org>.

Grandparents Raising Grandchildren Peer Support Group

Providing a platform for Waukesha County Grandparents to share their unique experiences and challenges with each other and provide an opportunity to gain support, and gather helpful information.

Third Wednesday of each month

March 18, 2020

April 15, 2020

6:00 PM - 7:30 PM

First United Methodist Church

121 Wisconsin Ave., Waukesha, WI

Dinner and child care will be provided when you register in advance.

Please contact Linda Senger for more information or to register at L.Senger@waukeshacounty.gov or 262-548-7698.

Kin Connection

Kin Connection is a new group for relative caregivers in Waukesha County. The group will provide education, support, and networking for relative caregivers.

WHEN: Wednesday, March 4, 2020

TIME: 5:30 PM - 7:30 PM

WHERE: Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI

TOPIC: Handling Sensory Issues - Learn how to identify if your child may have sensory issues and obtain tools to support them.

Dinner and child care will be provided when you register in advance by March 3 at <https://kinconnection.eventbrite.com>.

Building Trauma Informed Systems: How Trauma Affects Us and Those We Serve

Don't miss this two-day seminar featuring a 21st Century approach to recognizing and addressing trauma and a more in-depth look at trauma from a micro to macro level. Learn all about Circles of Security, the impact of trauma on individuals, how trauma affects front line professionals and what to do about it as well as our need to create trauma informed, collaborative systems for those we serve.

Explore how adverse childhood experiences can result in changes to the brain, leading to cascading behavioral and mental health problems. Discover how service providers across Wisconsin are working to be responsive to trauma in efforts to change the trajectory for affected children.

WHEN/TIME: Thursday, March 5 (8:00 AM - 4:00 PM) & Friday, March 6, 2020 (8:00 AM - 2:00 PM)

WHERE: Davians Catering and Events, N56W16300 Silver Spring Dr., Menomonee Falls, WI

Light breakfast and lunch will be served. Tickets are \$50 per day.

You can find more information, including daily topics of discussion, or to sign up, here: bit.ly/2ujrlWN.

Contact Numbers:

Foster Care

Social Workers:

Waukesha County
Health & Human Services
262-548-7212

Michelle Lim, Foster Care
Supervisor
262-970-4761

Cassie BeLow 262-896-8574

Rhonda Klinger 262-548-7240

Jennifer Mantei 262-548-7250

Libby Sinclair 262-548-7277

Hilary Smith 262-548-7254

Case Management

Social Workers:

Angie Sadler, Ongoing Social Work
Supervisor
262-548-7272

Eric Calvino, Ongoing Social Work
Supervisor
262-548-7271

Eve Altizer, Ongoing Social Work
Supervisor
262-548-7267

Nicole Allende 262-548-7265

Wyatt Caldwell 262-896-8281

Kimberly Dudzik 262-548-7347

Stephanie Engle 262-548-7424

Megan Fishler 262-896-8570

Abbey Girman 262-548-7695

Sharon Godwin 262-548-7684

Laura Jahnke 262-548-7359

Alyssa Jones 262-548-7239

Jessica Larsen 262-548-7346

Maria Maurer 262-548-7345

Rachel O'Sullivan 262-548-7639

Johanna Ploeger 262-896-6857

Elizabeth Russo 262-548-7349

Kim Sampson 262-548-7273

Linda Senger 262-548-7698

Brittany Sutton 262-548-7262

Jamie West 262-548-7264

Children's Mental Health
Outreach

262-548-7666

Medical Emergency: 911

Family Emergency: 211 or
262-547-3388

If an Allegation of Abuse or
Neglect has been made against
you, please call:

FASPP
Norma Schoenberg
920-922-9627

